

The Tribune Institute

Housekeeping as a Profession

At Your Service

In the World of Women

Menus for the Last Week in the Year

By VIRGINIA CARTER LEE

WITH, doubtless, poultry in some form used for both the Thanksgiving and Christmas dinners, a fresh roasted ham with dressing has been selected as the pièce de résistance of the New Year's dinner. This is especially good cooked with a sage or a seasoned sweet potato dressing.

Apple or crabapple jelly should accompany it, and be sure that the fat of the ham is roasted crisp and brown. A little cider or, failing that, strained apple juice is recommended for the basting, together with the pork fat that will form in the pan.

A Watch Party should consist of plenty of hot viands, a good punch and a supply of delicious coffee. To prepare the bacon canapés cut bread in triangles a quarter of an inch thick and sauté lightly in hot bacon dripping. Then spread lightly with French mustard (purchased in bottles) and sprinkle with chopped cooked bacon and minced pimientos.

For a good non-alcoholic punch squeeze into a mixing bowl four lemons and add one cupful of sugar, one cupful of cold strained tea and the contents of a small can of shroed pineapple. Let stand on the ice for three or four hours to ripen, and when ready to serve add two thin slices oranges, one quart of unfermented grape juice and a pint bottle each of ice ginger ale and carbonated water. Pour over a block of ice, arrange in a punch bowl and serve as soon as thoroughly chilled.

In making the cheese and chili sauce salad work either cream or cottage cheese to a paste and add for each small cupful of the cheese half a teaspoonful of chopped pimientos, one tablespoonful of chopped parsley and just enough thick chili sauce so that the mixture can be molded. Form into balls, press

a piece of walnut into each side and serve on lettuce leaves, dipped in French dressing.

In the cereal for Monday morning's breakfast the apple jelly whip may prove a novelty to the majority of housewives. Serve the mush, which has been made with part milk, in individual saucers and place in the center of each portion two tablespoonsful of the following: Whip a quarter pint of thick cream, as for charlotte russe, and add just enough firm apple jelly to flavor and slightly color the cream; if the jelly is very tart a little additional powdered sugar may be required, although a slight tartness adds, I think, zest to the mush.

Supplies for the week will include at the butcher's half a pound of bacon, at 45 cents a pound; one pound of chopped veal, at 30 cents a pound; three ounces of dried beef, at 4 cents an ounce; two lamb's kidneys, at 8 cents each; a seven-pound fresh ham, at 40 cents a pound, and a slice of salt pork for 8 cents.

At the fish market, one and a half pounds of fresh codfish, at 28 cents a pound; two pounds of haddock, at 25 cents a pound, and forty-four oysters, at 2 cents each.

For the dairy supplies purchase one and a half pounds of table butter, at 78 cents a pound; half a pound of oleo for 20 cents; seven quarts of Grade B bulk milk, at 17 cents a quart; six quarter pints of cream, at 14 cents each, and three dozen cold storage eggs, at 70 cents a dozen.

Market prices will run about as follows for four:

Butcher's bill	\$3.69
Fish bill	1.80
Dairy products	5.50
Fruit	2.60
Vegetables	3.00
Groceries	4.41
Total	\$21.00

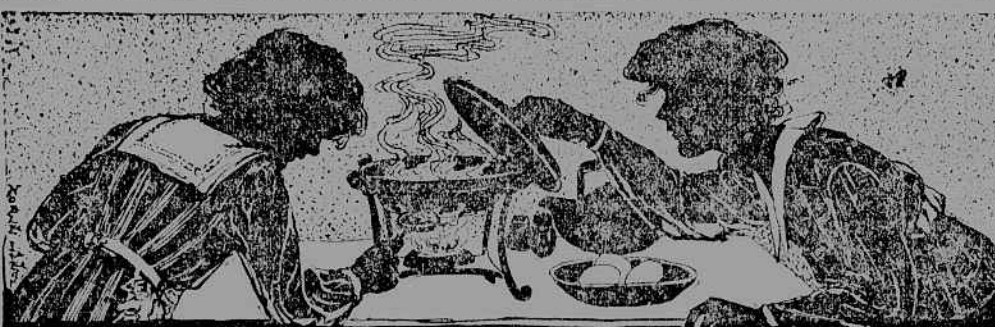


A Watch Night Supper

Bacon Canapés
Mushrooms and Kidneys Potpourri
"1920 Punch"
Hot Rolls Celery Olives
Cheese Cake
Coffee

IF THE suggested Watch Night Supper seems a bit ambitious to you, both from the standpoint of preparation and digestion, one can always win applause with oysters on the half-shell,

followed by a Welsh rarebit. Or, try its first cousin—made by merely melting slices of American cheese on graham bread toast, covering the cheese with seasoning and strips of thin bacon. These, placed under the broiler, will brown and sizzle and melt together and be most delectable. Instead of the cheese cake, fruits and nuts with the coffee are both sociable and picturesque, as well as being "good to eat," and are no trouble to serve. A. L. P.



TESTED RECIPES

Mushroom and Kidney Potpourri

Cut in slices and then in dice two lamb's kidneys and sauté lightly in a little hot bacon dripping. Take out the kidneys and cook in the same way twelve mushrooms also cut in small pieces. Remove these also and place with the kidneys. Stir into the fat and mushroom liquor in the pan two tablespoonsful of browned flour, moistened with a little cold water, and when smooth add one cupful of strained brown stock, half a cupful of tomato catsup, salt and paprika to taste and on a half teaspoonful of Worcestershire sauce. Stir until well thickened and add the mushrooms and kidneys. Let cook for eight minutes and serve in ramekins.

Cheese Cake

Mix together one cupful of cottage cheese, half a cupful of sugar, two tablespoonsful of melted butter, a scant teaspoonful of salt, three lightly beaten eggs, the rind and juice of one lemon and half a cupful each of chopped seeded raisins and currants. Line patty pans with pastry, fill with the mixture and bake in moderate oven twenty minutes.

Maple Bisque Cream

Prepare a rich boiled custard from a pint of milk, three eggs, half a teaspoonful of salt and four tablespoonsful of crushed maple sugar. Cook over boiling water until well thickened and stir in a scant tablespoonful of granulated gelatine, softened in half a cupful of cold milk. Stir until the gelatine is dissolved, and cool. Flavor with a teaspoonful of maple extract and fold in a quarter of a pint of double cream whipped solid and a dozen crushed dried

macaroon crumbs. Freeze slowly as for ordinary ice cream.

Raisin Roly-Poly

Chop two tablespoonsful of fresh beef suet as finely as possible with a quarter of a cupful of sifted flour and add one teaspoonful of salt, two tablespoonsful of sifted soft bread crumbs and one and a half cupful of sifted flour, mixed with four tablespoonsful of baking powder. Moisten to a soft, spongy dough with about three-quarters of a cupful of liquid, composed of half ice water and cold milk. Roll out as for biscuits and spread with the following: One cupful of chopped seeded raisins, the grated rind and juice of one lemon, half a cupful of sugar, two tablespoonsful of currants, half a teaspoonful of ground cinnamon, a pinch of salt and half a glassful of grape jelly. Roll up as for jelly roll, pinch the edges of the pudding together and boil in a floured cloth for two hours. Serve with a hard sauce.

Mock Chicken Croquettes

Rightly made, these are equal to the real articles. Chop sufficient of the cooked fresh ham finely to make two cupfuls. Season to taste with salt, celery salt, paprika, onion juice and three or four drops of lemon juice; add two tablespoonsful of minced parsley and moisten with the following sauce: Melt three tablespoonsful of oleo, blend in four tablespoonsful of flour and add slowly one cupful of either white stock or rich milk. Cook over hot water until it boils, stirring constantly, and add salt and paprika to taste and the yolk of one egg, well beaten. Turn the croquette mixture out on a platter and when cold shape, egg and bread crumbs, and by means of a frying basket cook in deep hot fat to a rich brown. Drain on brown paper before serving.

Monday	Tuesday	Wednesday	Thursday (New Year's)	Friday	Saturday	Sunday
BREAKFAST Graham Mush with Apple Jelly Whip Broiled Bacon Buttered Toast Coffee	BREAKFAST Sliced Oranges and Bananas Shirred Eggs Beaten Biscuits Coffee	BREAKFAST Stewed Dried Apricots Fried Smoked Beef Corn Muffins Coffee	BREAKFAST Orange and Grapefruit Dry Cereal Maple Syrup Coffee	BREAKFAST Preserved Apples Parsley Omelet Bran Muffins Coffee	BREAKFAST Halved Grapefruit Rye Bread Toast	BREAKFAST Cooked Cereal with Apricot Whip Browned Vegetable Hash Popovers Coffee
LUNCHEON Okra and Tomato Soup Rye Bread Sandwiches Prune Soufflé	LUNCHEON Creamed Fish on Toast Cabbage and Apple Salad Cheese Straws	LUNCHEON Sliced Veal Loaf Chutney Rehented Muffins Hot Baked Apples	LUNCHEON OR SUPPER Tomato Jelly Sandwiches Olives Canned Fruit Ginger Cookies Cocoa	LUNCHEON Baked Cheese Custard Brown Bread Cole Slaw	LUNCHEON Fish Salad Olives Salad Rolls Hot Apple Betty Coffee	LUNCHEON OR SUPPER Scrambled Eggs with Asparagus Tips Buttered Toast Fruit Jelly Cocoanut Cake
DINNER Boillon with Egg Salspion of Codfish Peas and Carrots Baked Potatoes Watercress Lemon Pie	DINNER Veal Loaf Candied Sweet Potatoes Cauliflower Lettuce French Dressing Peach Trifle	DINNER Vegetable Soup Escalloped Oysters Celery French Fried Potatoes Gingerbread with Chocolate Sauce	DINNER Oyster Cocktails Celery Baked Fresh Ham Browned Sweet Potatoes Crabapple Jelly Baked Stuffed Onions Grapefruit Salad Maple Bisque Lady Fingers	DINNER Tomato Soup Baked Stuffed Haddock String Beans Creamed Potatoes Watercress Salad Raisin Roly-Poly	DINNER Clear Soup with Noodles Cold Sliced Ham Lyonnaise Potatoes Spinach Steamed Date Pudding	DINNER Cream of Corn Soup Mock Chicken Croquettes Mashed Potatoes Green Peas Cheese and Chili Sauce Salad Frozen Chocolate Soufflé

Give a Thought to the Finnan Haddie

By JEANETTE YOUNG NORTON

AS A NATION Americans are not fish eaters. This is to be deplored, as the eating of more fish would be an economic aid at this time.

The use of fish was a mania among ancient Romans. We are told that Apicius offered a prize to any culinary artist who would invent a new marinade compounded of livers of the red mullet. Lucullus had a canal cut through a mountain so that fish might be transported more easily to the ponds in his gardens near Naples. Hortensius wept over the death of a pet turbot; while the daughter of Drusus adorned a favorite fish with a collar of gold. At big banquets brilliant fish were shown to the guests, alive, as relishes were served, then appeared properly cooked in the wake of the soup.

"Then was the happy days" for fish and folks, and if we had a little more fish enthusiasm we would set better, cheaper and more varied tables.

Finnan haddie is a national Scotch

dish. A dish made from the salted and dried haddie is called "rizzared," which is often spoken of by Sir Walter Scott in his Waverley Novels. The finest Scotch haddie are caught in Dublin Bay. The fish are cured, or smoked, over peat fires at Findhorn, six miles from Aberdeen, and this is the origin of the name finnan haddie.

The haddie which we get here in America are caught in local waters and smoked daily at special smoke-houses constructed for the purpose. The smoking here is done over white pine chips. The fish are at their best when eaten as quickly after smoking as possible. The largest fish rarely weigh over 3½ pounds.

To American taste those which are salted and dried are not as good as the smoked, and are not likely to compete with our salted cod.

Many of us see haddies in the fishermen's windows and think we might take one home if we knew how to cook it. But, guessing they are

classed among "the things that must be soaked overnight and take ages to fix," we defy temptation and select something that cooks quickly instead. (Quick cookery is an American besetting sin which some day I am going to "roast.")

These ideas about the haddie are all wrong, for it is one of the easiest

fish to prepare and one of the most delicious that could be desired.

Select a short, wide and thick fish. Cut off the tail and fins with a sharp pair of scissors, then plunge the fish into boiling water for two minutes; drain, dry and lay on a greased gridiron. Broil over coals or under gas, skin side down, dotting

the upper side with butter and dusting with pepper. When done, serve on a hot platter and behold a real broiled haddie.

Rizzared—This dish is made of the dry, salted haddie, which is prepared by warming the skin side so that it may be pulled off. Cut the fish in pieces and steep in hot water

fifteen minutes, throwing off the water twice. Add fresh water to cover, a bay leaf, spices, seasoning, a small piece of butter, press down with a plate and boil ten minutes. Blend together one tablespoonful of chopped parsley, two ounces of butter, a teaspoonful of lemon juice and the juice of a small onion. When the

fish is done drain, lay on a hot platter and spread with the seasoned butter paste.

Boiled Haddie—Select a thick fish, remove tail and fins, and soak overnight. Drain, dry, heat and skin the fish. Cut in four pieces, cover with cold water, bring to a boil slowly and cook eight minutes. Drain, lay on a hot dish, mask with drawn butter. Garnish with broiled potatoes.

Baked Haddie—Prepare as already described and plunge in boiling water for two minutes. Lay in a baking pan, dot with butter, dust with pepper, and pour over a small cup of stock. Bake twelve minutes. Put on a hot dish and turn over two tablespoonsful of hot cream.

Haddie Rarebit—Steep the haddie five minutes in boiling water, skin, bone and flake it. Add to two cups of rich cream sauce the juice of an onion, a half saltspoonful of curry powder, a cup of diced boiled potato and the fish. Have ready on a baking platter six pieces of crust-

less toast, heap the fish mixture on the toast, sprinkle with grated cheese and set in the oven to melt and lightly brown.

Scalloped Haddie—Soak the fish overnight, scald and flake it. Add an onion and a red pepper chopped fine. Put a layer of crumbs in a buttered baking dish, then a layer of fish, and so on until all the fish is used, leaving crumbs on top. Turn over two cups of thin tomato sauce, sprinkle with grated cheese and bake a half hour.

Haddie Cakes—Soak the fish overnight, scald eight minutes, drain and flake it. Add two cupfuls of mashed potato, a generous lump of butter, pepper, a beaten egg, and small cup of rich milk. Make into cakes an inch thick and two and a half inches in diameter, fry in hot fat and serve with a bit of broiled bacon on top of each cake. Garnish with fresh cress. If there seems more fish than is liked, add a little more mashed potato while mixing the cakes.

Western Electric Vacuum Cleaner No. 12

Tested and Endorsed in The Tribune Institute

THE chief virtue of this vacuum cleaner is its most efficient motor-driven brush, which goes so fast that you cannot see it, like its cousin, the electric fan, and does thorough work, picking up at a single sweep lint and threads trampled into a thick carpet. Without the brush the lint was not removed at all, even after repeated trials. The brush is easily removable for cleaning (it took our engineer only fifteen seconds to take it out), and there was no appreciable difference in the operating cost with the brush in action, which shows excellent construction.

This machine weighs fourteen and one-half pounds, which is medium weight as compared with others which range from 9½ to 20 pounds. It moves on two 3½-inch rubber-tired rear wheels and the three transverse bars that raise the aluminum polished shoe or nozzle slightly. This gives a fixed distance of 1-16 inch between the shoe and the floor. Flour sprinkled lightly over a heavy carpet was removed in one sweep of the machine; when the floor was rubbed into the carpet three single strokes were needed to remove it. For hardwood floors the brush tool should be used to keep the bars from marking the surface.

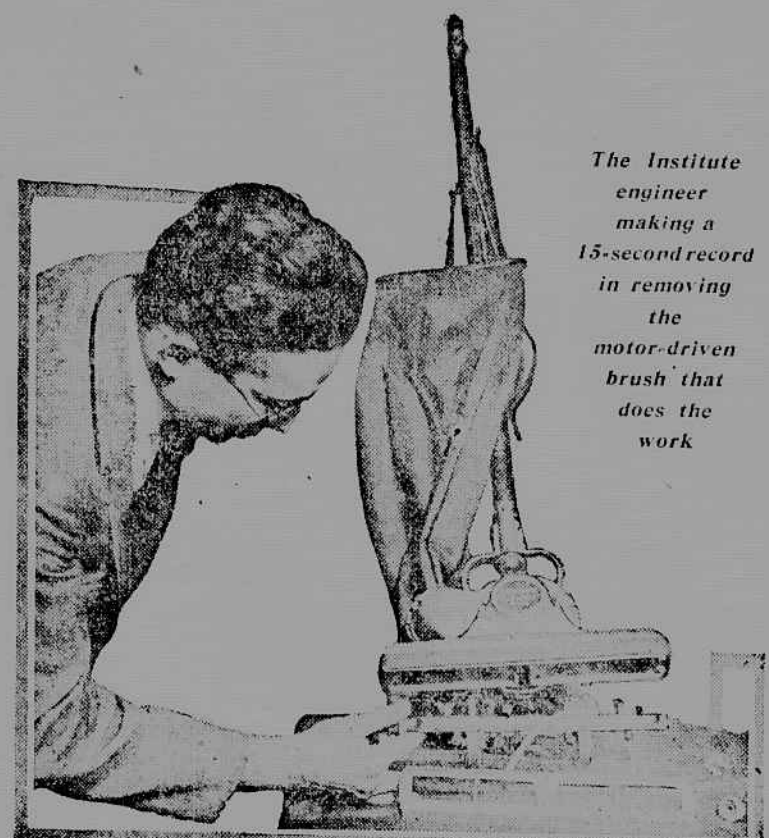
As to construction, the machine has a horizontal motor (to be preferred for wearing qualities), with an eight-bladed sheet steel fan. The motor barrel is of jappaned sheet steel, while the nozzle is of aluminum. The cleaning width of the nozzle is 11 inches and it will go under furniture 7.5 inches high.

The handle is conveniently held upright without support by the operator by means of a spring and

the brush is thrown into operation by first turning off the current with the switch button on the side of the handle and shifting the lever on

ing radiators, upholstery, cornices, curtains, etc.

The tools are always an important part of the vacuum cleaner, and in



The Institute engineer making a 15-second record in removing the motor-driven brush that does the work

10 inches long, of pressed steel, black enameled, and one obtuse elbow connector with two arms (each a little over 5 inches) to hold the tools at a convenient angle when working with them at a height, as on a cornice or high curtain.

The flat, elongated tool for use in small openings, between radiator tubings, etc., is about 1.5 by ¾ inches and may be run into a space this size for eight inches before it broadens, being 12½ inches long. The tube will suck in or blow out the dirt, according to how the attachment is made, and is a boon to the housekeeper who has many white mouldings or much Moorish fretwork in her home, to say nothing of the radiators that nearly every one has. The combined suction brush and upholstery tool will do everything that the flat tool will not. The brush is 6¾ inches long by 1¾ inches wide and convenient for hardwood floors, upholstery, mattresses, etc.

The motor of this machine is well constructed, being both durable and efficient, as shown by the low heat rise in one hour of continuous operation of motor. The increase was only 32.2 degrees C., a little more than half of the temperature rise permitted by the American Institute of Electrical Engineers, i. e., 50 degrees. This is accomplished by using the fan suction to draw cooling air through the motor. The cost of operation an hour is only 1.7 cents with a 10-cent rate for electricity, or 1.2 cents in New York with the 7-cent rate.

Western Electric Vacuum Cleaner No. 12. Made by the Western Electric Company, 104 West Fortieth Street, New York City.

(Price and further details can be obtained at The Tribune Institute.)

A Mile of Energy in a Caramel

FOOD eaten for fun, between meals, in a casual and social manner is just as fattening as regular food eaten at meals. Indeed, it may be more so, because food eaten under pleasurable conditions is more perfectly assimilated.

"The Journal of the American Medical Association" in a recent editorial makes some distressing statements concerning the amount of energy and neat value that is stored away in the "food trimmings," so to speak—the bit of candy, the olive, the nuts and doughnuts that are consumed lightheartedly, and not "counted," as are bread and meat.

The Salvation Army acquires merit, just as we thought all had been said, when we learn that half of a doughnut will provide lifting power to carry a man to the top of the Washington Monument (a climb of 555 feet), and six walnuts will do the same, while three medium-sized olives will see you comfortably half a mile on your way. A single caramel, says this discouraging article

supplies energy for a mile's constitutional. Think of the mistaken picnic luncheons that have been laboriously carried in the past! Reflect that six olives and six caramels are all you need to supply steam for a seven-mile walk, and think how casually these may be eaten sitting over a supper table!

The fatuous soul who takes a long walk to "reduce" and comes home with a fine appetite, or perhaps eats half a pound of candy en route, is putting on weight instead of taking it off. Translated, this means that sugars and fats are quick and complete burning fuel for the human body.

"The Journal" has performed a duty in cheerful-wise by reminding us that a glass of soda or a plate of ice cream may give us as much as 500 calories at one whack, so to speak—one-fourth of the entire day's ration! This does not mean that four ice cream sodas make a good day's menu (there is more to food than its heat value), but it does mean that one is overloading on energizing foods, which "spare" the meats and starches eaten and leave them free to be stored up in the body as extra flesh. A. L. P.

Two Institute Tested Recipes

Herring Potatoes

(A Delicious Dutch Holland Dish)
2 herrings 10 or 12 onions
10 or 12 medium- Butter
sized potatoes Bread crumbs
1 bay leaf

Procure two plump Holland herrings in brine. Soak them over night in cold water. Skin, clean and bone them, pulling them into small bits the size of a hazel nut. While doing this, boil ten or twelve medium sized potatoes until tender enough to be pierced with a fork. Peel about as many onions. Generously butter a casserole dish and put in a layer of herring, a layer of potatoes and one of onions sliced thinly, dot richly with butter or oleo after sprinkling with salt and pepper, and a few pieces of bay leaf. Repeat, sprinkling top sparsely with cracker or bread crumbs, then dot with more butter. Bake until well browned, which takes about one hour in a moderate oven. E. M. H.

Merrick, L. I.
This is a very appetizing casserole "fish" dish, and from an economical

standpoint should be very popular. It is advisable to use domestic herring instead of the imported, as one must purchase a 14-pound keg of the latter at one time, and they are also more expensive. There is really very little difference in the taste.

With this dish as a foundation it will be an easy matter to fill out the balance of the meal. A salad of romaine, lettuce or endive and an apple or apricot dumpling would give a complete meal. This amount serves six persons at a cost of about 50 cents.

Sandwich Filling
½ pound cooked ½ pound shelled
ham peanuts
1 sweet red pep- Mayonnaise dressing
per
Mince the ham, peanuts and pepper very fine. Mix with dressing until it is of the proper consistency to spread. L. M.
Toronto, Canada.

This gives a little more variety to the list of ham sandwiches and with a lettuce leaf affords a very good and original "spread." This amount makes twelve sandwiches at a cost of 50 cents for the filling.